



# Among Friends



**Holden Senior Center**  
1130 Main St  
Holden, MA 01520  
508-210-5570  
**Mon to Fri 8 AM—4 PM**  
Director—Karen Phillips  
Clerk— Kerry Reitz  
Program Coordinator—  
Lisa DeCiero  
Transportation  
Coordinator—Mary Sloan,  
508-210-5573  
Outreach Workers—  
Paula Earley & Dale Hayden  
Drivers—John Bianco, Ellie  
Johnson, and Bill Lahey  
Meal Site Manager— Rich  
508-210-5578

Friends of HCOA Website:  
[www.fhcoa.org](http://www.fhcoa.org) or find us on Facebook:  
Friends of the Holden Council on Aging

**February 2024**

**The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.**

## *View From the Fishbowl*

2024 is in full swing. Lisa has been busy bringing lots of programs to the Senior Center. Our calendar is full! We hope that you can join us for an event or two. This year is a leap year. Special happy birthday wishes to anyone who celebrates a birthday on February 29. Happy Valentine's Day to everyone. Enjoy the chocolate. Sending love to all of you.

*Karen*



## COA Board of Directors

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Lois Johansen  
Debby Osipov  
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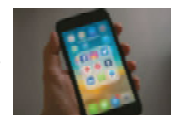
\*meet the first  
Wednesday of the  
month at 8 AM

**All you need is love.  
But a little chocolate  
now and then doesn't  
hurt.**

**Charles M. Schulz**



**Cell Phone Class**—Do you need help navigating your cell phone? Do you know how to take pictures? Text? Answer the phone? We have a fabulous group of High School students who will help you. The class meets **every Wednesday from February 7 to March 20 at 2:30 PM**. You must commit to all of the classes. Space is limited. Register at the front desk or call us at 508-210-5570.



## **Follow the DASH Diet for Heart Health**

The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

- Eating vegetables, fruits, and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets



This is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

*Let us ensure you and your family are cared for throughout your lives, and after your death.*

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Kimberly Asher, Esq.

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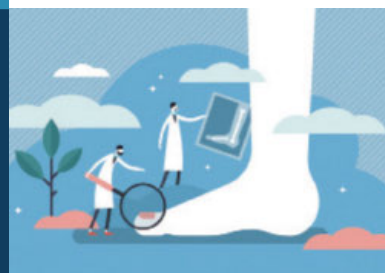
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**Card Making with Carol**

Mon, February 12 and 26 at 9 AM  
\$5, payable at the class

Size is limited

Sign up at the front desk or call us at  
508-210-5570



Don't forget to sign  
in at the  
**MySeniorCenter**

**kiosk.** The Senior Center  
uses the statistics, which  
include programs,  
attendance, volunteerism,  
etc. when applying for grants,  
reporting, and evaluating  
success.



**The Friends'  
Cart** is full of  
fun and interesting  
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know what you will find.  
All proceeds go to the  
Friends' group to help  
the Senior Center.

**Need a ride?** If you need a ride within Holden or to  
an appointment in the Worcester area, call Mary at  
508-210-5573 from 8-11 AM and 12-4 PM. The Senior  
Center runs 2 vans to help with transportation for  
Holden residents only. Rides must be booked at least  
1 week in advance. We provide curb to curb service.  
Please be respectful of the drivers and of  
the time. The van only waits 5 minutes  
beyond your pick up time.



**Medical Equipment**—We  
will take donations of medical  
equipment that is in good,  
working condition. We also  
loan out walkers, wheelchairs,  
tub seats, canes, etc. to those  
in need. Please call us at  
508-210-5570 to donate  
or borrow.

**2024 Trips—call 508-210-5579 for more information or to sign up**

April 16—Charles River Sightseeing Cruise, Harvard Museum of Natural History, and  
lunch at the Cheesecake Factory—\$122 per person

May 14—Tribute to Broadway Cabaret Show and Grand Buffet Luncheon at the Dan'l  
Webster Inn in Sandwich—\$115 per person

Sep 24 & 25—2 days and 1 night Live Show Gaming Bonus to The Alder in the Catskills. \$50  
slot play. \$20 food comp. Double \$255 per person, Single \$325 per person, Triple \$225 each



**Movie Monday**—Don't forget to join  
us for our monthly movie on Mon,  
February 26 at 1 PM. Free snacks!

**Monthly Support Groups:**

Caregivers' Group on Wed, February 7 at 1  
PM—support for those actively caregiving.  
Facilitated by Angelique Harvey at Oriol  
Healthcare

Grief Group on Wed, February 28 at 1 PM—  
support for those grieving a loss. Facilitated  
by Joelle Johns of Trinity Hospice and  
Angelique Harvey of Oriol Healthcare

**Need a Helping Hand?** Our outreach workers  
are here to help everyone with getting assis-  
tance and finding services. For example, they  
can help with fuel assistance applications, food  
stamps, food pantry, housing, Meals on Wheels,  
getting books from the library, durable medical  
equipment, housekeeping, and Help at HOME.  
We also get donations of incontinence  
supplies. Let us know if you need  
some. **Outreach is available in the  
mornings.** Please reach out to Paula  
508-210-5575 or Dale 508-210-5576.  
They will get back to you.





**Book Club on Thurs, February 15 at 10 AM.**

**This month's selection is: The Silent Patient by Alex Michaelides** This book is a shocking psychological thriller of a woman's act of violence against her husband—and of the therapist obsessed with uncovering her motive.

**We have jigsaw puzzles to borrow.**

**“From Elvis to the Everly Brothers” concert by Roger Tincknell on Wed, February 28 at 1 PM.** This will be a fun concert with music that you know and love. This is funded by the Holden Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency.



**Create a Painted Tin Scented Candle with Laura on Fri, February 9 at 12:30 PM.** You will paint the lid of a container and choose the scent for your candle. \$15.00 due at registration. Class is limited. Sign up required at the front desk.



**Coffee and ... with Ruby Carneiro of Century Home Care Services at 9 AM.** Come and learn about what services are available if you need extra help at home. Please register at the front desk or call us at 508-210-5570.

**Local author, Richard Maurer will be discussing his book, “The Woman in the Moon” on Wed, February 7 at 1 PM.** This book is a stunning and intimate biography of Margaret Hamilton, the computer engineer who helped Apollo 11 and mankind get from the Earth to the moon. Please register at the front desk or call us at 508-210-5570.



**Languid Yoga “Calm the Monkeys in your Brain” on Mon, February 12 at 1 PM.**



Learn to activate the positive hormones and lower anxiety or stress with acupressure with Dawn Michanowicz. \$20.00 per person—payable at the class. Please register at the front desk or call us at 508-210-5570.

**Concert by local musician, Jim Scott, on Wed, February 14 at 1 PM.** A composer, singer, and guitarist, Scott has made it his business to create and perform music that celebrates peace, justice, and the earth with lyrical melodies and memorable verses. Please register at the front desk or call us at 508-210-5570.



**“Unleash Your Inner Picasso” and create a painted scarf on Mon, February 5 at 1 PM.** All materials and supplies will be provided. Provided by Webster Home Care. This class is free with limited space. Sign up is required at the front desk or call us at 508-210-5570.



**Do your feet need a treat for the New Year?** Let the FootRN2U Clinic trim your toenails. Call Bonnie at 774-239-3449 or email [footrn2u@gmail.com](mailto:footrn2u@gmail.com) for an appointment. \$45.00 cash, check, or venmo.



**Out to Lunch Bunch—**Do you like going out to eat but don't like being alone? This month we are going to **Olive Garden off 146 in Worcester on Thursday, February 15.** Please call Dale at 508-210-5576 to sign up and for more information.



### Exercise

**Mondays and Wednesdays—Tai Chi at 9 AM. \$5.00 a class.**  
**Tuesdays and Thursdays—Low Impact Exercise at 10:30 AM. \$4.00 a class.**  
**Tuesdays—Balance Class at 1 PM. Free.**  
**Thursdays—Chair Yoga at 1 PM. \$3.00 a class**  
**Fridays—Spring Chicken Fitness at 1 PM. Free.**



### Blood Pressure

**Clinic** every  
Tuesday from 10-11  
AM. Track your  
numbers!



### Piano Lessons \$5

**Wednesdays—Beginners from 10-11 AM**

**Wednesdays—Chords from 11AM—12 noon**

**Thursdays—Beginners from 12-1 PM**



### Card Games

**Mondays—Duplicate Bridge at 12 noon**

**Wednesdays—Pitch at 1 PM**

**Fridays—Poker at 10 AM**



### Photography Group

**Tuesdays at 9 AM**

**Thursdays at 1 PM**



**Knotty Knitters—**  
knitting and  
crocheting group  
on Tuesdays at 9:30 AM



### Needlework Group

**Wednesdays**

**9-12**



### Mah Jongg Group

**Tuesdays at 2 PM.**

Bring  
your  
board.



### Veterans and American Legion Meeting

**Second Tuesday at  
2:30PM**

Scott W. Olsen, Adjutant, Post 42  
americanlegionpost42ma@gmail.com



### Caregiver's Group

First Wednesday at 1  
PM. All active  
caregivers  
welcome. Supported by  
Oriol Healthcare



**Movie Monday  
monthly at 1 PM.**  
**Popcorn and soda**

### SHINE Counselor

The counselor will  
help with health  
insurance.  
Appointments  
required.

### Painting

**Thursdays at 10 AM**

Anyone can learn. You will  
be surprised at what you  
can do! \$10 a class



### Adult coloring

**Mondays and Wednesdays 9-11**

**Free Legal Clinic—**Attorney Arthur  
Bergeron from the law firm of  
Mirick O'Connell will offer free 15  
minute consultations. Mon, February 5  
by phone. Appointments are required.



**Classic Book  
Club Tuesdays at 10  
AM**

**Monthly Book Club  
3rd Thurs-  
day at 10**



**Bingo  
Tuesdays at  
1 PM**

### Grief Support Group

**4th Wednesday  
at 1 PM.**

### Write On

**Mondays at 10:30  
AM**

This is a  
creative  
writing group.



## February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Yoga with weights has been canceled due to lack of interest.</b></p>	<p>Lunch is \$3. You must make a reservation by calling the kitchen, 508-210-5578, at least 2 business days in advance. Call before noon!</p>		<p>1 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— lasagna 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography</p>	<p>2 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—BBQ pork 1 Spring Chicken Fitness free</p>
<p>5 9 Tai Chi \$5 9-11 Adult Coloring 10 Friends' Monthly Meeting 10:30 Write On 12 lunch— chicken pot pie 12 Bridge 1 Painted silk scarf</p>	<p>6 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—braised beef 1 Bingo 1 Balance Class free</p>	<p>7 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch— baked ham 1 Pitch party 1 Richard Maurer Book Talk 1 Caregivers' Group 2:30 Cell phone class</p>	<p>8 9-10 Coffee and... 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— Jambalaya 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography </p>	<p>9 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—garlic herb chicken 12:30 Create a candle 1 Spring Chicken Fitness free</p>
<p>12 9 Tai Chi \$5 9 Card Making class  9-11 Adult Coloring 10:30 Write On 12 lunch— stuffed pepper casserole 12 Bridge 1 Languid Yoga</p>	<p>13 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact canceled 12 lunch—Hot Dog 1 Bingo 1 Balance Class free 2:30 American Legion</p>	<p>14 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 lunch—Salmon 1 Pitch party 1 Jim Scott concert 2:30 Cell phone class</p>	<p>15 10 Painting 10 Book Club 10:30 Low Impact canceled 11:30 Out to Lunch Bunch 12 Lunch—chicken cacciatore 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography</p>	<p>16 8:30-10:30 Morning Glory Café 10 Poker 12 lunch— egg frittata 1 Spring Chicken Fitness free </p>
<p>19 <b>Senior Center closed for Presidents' Day</b> </p>	<p>20 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch—chicken pesto 1 Bingo 1 Balance Class free</p>	<p>21 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—pork loin 1 Pitch party 1 Arizona Doug Concert 2:30 Cell phone class</p>	<p>22 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— American chop suey 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography</p>	<p>23 8:30-10:30 Morning Glory Café 10 Poker 12 lunch—Potato crunch fish 1 Spring Chicken Fitness free</p>
<p>26 9 Tai Chi \$5 9 Card making class 9-11 Adult Coloring 10:30 Write On 12 lunch— Shepherd's pie 12 Bridge 1 Movie </p>	<p>27 9 Photography 9:30 Knotty Knitters 10-11 Blood Pressures 10 Classic Book Club 10:30 Low Impact Exercise \$4 12 lunch— Greek chicken 1 Bingo 1 Balance Class free</p>	<p>28 9 Tai Chi \$5 9-11 Adult Coloring 10-12 Piano lessons 9-12 Needlework 12 Lunch—burger w/chili 1 Pitch party 1 Roger Tincknell concert 1 Grief Group 2:30 Cell phone class</p>	<p>29—leap year extra day! 10 Painting 10:30 Low Impact Exercise \$4 12 Lunch— Ham salad 12-1 Piano for beginners 1 Chair Yoga \$3 1 Photography</p>	<p><b>Billiards Room is available every day the Senior Center programs are running from 8-4.</b> <b>Any activity or menu item can change without notice.</b></p>

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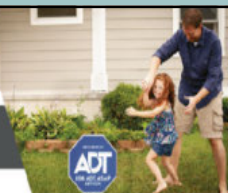
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### Friends' Corner



We are so grateful to all of you who have already paid your dues. We are also grateful to several people who made additional bequests. Your contributions will be put to good use, allowing us to have more events and to subsidize others. We are in the process of improving our Facebook page, so let us know if there are things you would like to see. You can find us under "Friends of the Holden Council on Aging. If you haven't been yet, please join us at The Morning Glory Café on Fridays from 8:30—10:30 AM. It is a great way to meet up with old friends and make new ones. **Carol Upton, President**

#### Upcoming in March

Scam presentation; Pi(e) Day history and presentation; Coffee and with Holden's DPW Superintendent; Create a craft with Laura; Languid Yoga with Dawn; History of Mass Forest and Land Use; Floral arrangement class

If schools are canceled due to inclement weather, all Senior Center programs, including van rides, are canceled. If there is a delay, the center is open. Classes will run depending on each instructor. As always, be careful and make the best decision for you. Please remember to stop at the stop sign when entering the Senior Center parking lot.

#### FRIENDS of the HCOA

##### I WOULD LIKE TO:

☐ Renew My Membership ☐ Become a New Member

Checks made out to Friends of the HCOA Please fill out and return to the Senior Center.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

E-mail: \_\_\_\_\_

Amount of Check or cash: ☐ \$5.00 ☐ \$10.00 ☐ Other Membership is good for the calendar year.



*Distribution of this newsletter is made possible from the FRIENDS OF THE HCOA, INC.  
and, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.*

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